



Caring Palms Massage and Reiki Newsletter

February 2009

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Greetings!

Welcome to the February issue of the Caring Palms newsletter. This month, we have a Reiki class schedule with a Reiki 2 and a Reiki 3 class scheduled and a couple of articles for you.

I hope you like what we have here.

Studio Hours

The studio hours are:

Monday - Friday 10am - 5pm for walk-ins and appointments

After 5pm for appointments only.

Saturday and Sunday for appointments only

Appointments can be made the same day.

If you find that evening hours are best for you, then Caring Palms is now available.

Caring Palms does take walk-ins, however appointments are best. Someone walking in takes a chance on whether there is availability, but if you are not sure enough to make an appointment, we will accomodate you if we can.



Modality of the Month

Hot Stone Massage

Hot Stone massage is a unique style where heated rocks are moved over the body allowing the heat to sink into the muscles. Although deep work is not usually done with Hot Stone, the heat penetrates to make the muscles relax and feel better.

There are several types of Hot Stone massage and like other massage styles, these change with each therapist that does the work. Probably the most known style is called La Stone which was based on the types of massage done by native American Indians.

They used hot and cold stones to create a relaxing experience. Marie Hannigan took this information and created La Stone from it as she was hurting her hands doing a lot of deep tissue work. With the stone, it gave her a tool to go deeply with while the heat penetrated and softened the muscles.

[read more](#)

Reiki Class Schedule

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The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The current schedule is as follows:

Reiki 1

- February 28 (Saturday) 11am - 5pm
- March 28 (Saturday) 11am - 5pm
- April 25 (Saturday) 11am - 5pm
- May 23 (Saturday) 11am - 5pm
- June 27 (Saturday) 11am - 5pm

Reiki 2

- February 14, 2009 (Saturday) 11am - 5pm

Reiki 3

- March 14 (Saturday) 11am - 5pm

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$100 no matter what level of Reiki the class is for. A 50% deposit (\$50) is required a minimum of seven (7) days prior to the class date (or permission of the instructor) to reserve a space in the class. Classes with no deposits received by the deposit date will be cancelled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

Holistic Care for Chronic Pain Works

by [Brian Dean](#)

Over the past few years, I have been amazed at how many clients Caring Palms has gotten with chronic pain issues. I have been even more amazed at how the holistic care we do can make a huge difference in the lives of those clients.

For those that don't know, chronic means ongoing, continuing a long time or recurring frequently. A chronic illness is something that never goes away. It may not be really bad all the time. It may have acute periods (times where it is really bad), and then ease away.

But it never goes away completely. Illnesses like this would include Fibromyalgia, RSD (also known as CRPS), and even migraines. All too often, medical science knows no cure so they prescribe drugs to reduce the pain as much as possible.

Holistic treatment for these types of problems can range from regular massage to Myofascial Release (MFR) to energy work such as Reiki. Many times it is a combination of those that makes the biggest difference.

One client started coming in when she was 14 years old. At the end of the school year each year, the stress brings on her migraines. We found that Reiki could remove her migraines, completely, in as little time as 30 minutes. The same has been used on others when they were suffering from migraines. Yet, while Reiki managed to remove the pain, Myofascial Release was what addressed many of the problems that caused the pain by bringing her body into proper alignment. (When the body is properly aligned, it tends to stay healthy.) She also learned a few meditation techniques to help her deal with the pain when she felt migraines start coming on. [see article on migraines](#)

Another client suffers from Migraines constantly. She is a nurse that has to constantly take pain medication, usually daily. From the first time she had her first massage, her migraines subsided. In the last two week period since she was last here, she only had to take half of a pain pill once. That is what regular massage has done for her. We have also added MFR into her treatment. With the regimen she is on now, she is no longer in constant pain.

Another major illness is Fibromyalgia. This causes pain that works in the muscles and can spread over the entire body. It has long been known that exercise and massage can keep most types of Fibromyalgia at bay. But there are cases where this is not enough.

One of our clients has been suffering from this since she was quite young. When she was 11 years old, she had a hernia operation. It was not too long after this that she started getting pain from Fibromyalgia. The treatment for this is MFR. Fibromyalgia is caused by problems in the connective tissue (as stated by John Barnes who created MFR), and these problems can be caused by trauma to the body. Surgery is trauma to the body. Unfortunately, most doctors don't understand this, and overlook holistic care of any kind. Yet MFR seems to be effective. It even works on such things as Carpal Tunnel Syndrome. [see article on MFR](#)

This particular client suffered so much that when her pain got really bad, it hurt to be covered with a sheet. After one session of MFR which included scar release, she was feeling no pain. The lasted a while. As long as she gets treatments, it could eventually go away completely. When one has been dealing with pain for over 20 years,

it is amazing to think that there may be an end to it.

Another client suffers from RSD (Regional Sympathetic Dystrophy). She walked bent upward, basically swayback. She had little stamina, and was in pain all of the time. After one session of MFR, she was in much less pain, walking upright, and was able to walk for hours without being tired.

Although with most types of chronic pain illnesses, doctors do not know what causes them. While methods like MFR put everything back to the level of connective tissue in the body, doctors don't recognize that. Therefore, most people who suffer from these types of illnesses end up on drugs the remainder of their lives.

If you know someone that suffers from any type of chronic pain disease, suggest to them that they could benefit from some type of holistic care. I won't claim that it will always be what works, but the track record is impressive. And if care like this can reduce or eliminate their pain, isn't it worth it?

Energy Intention

by Brian Dean

In the last year or so, there was a book (then DVD) called The Secret. It dealt with a means to manifest your desires and make them happen. Well, I've had some more information given to me that makes sense and explains why this can work.

To understand this, we need to realize that we are beings of energy, beings of energy moving at a very slow, low vibrational level which is why we are solid. Energy moves at various speeds or frequencies (also called vibrations). To a point we can compare it to TV and radio. The AM band on a radio is the lowest of all the standard broadcast frequencies (6.5mhz - 16mhz) with FM being the next lowest (88mhz - 108mhz). The standard TV band (VHF, channels 2-13, very high frequencies, yes that is what it stands for) is next with the UHF (ultra high frequencies) channels next. The lower frequencies move slower yet go farther.

But this is only part of the energy frequency (vibrational) range.

All energy has vibrations. The frequency of the vibrations determines where it sits on the energy chain (it sounds like I'm talking about a food chain here). If we start at the bottom with very low vibrations, we pass through a lot of things as the vibrations get higher. At the low end, we have the physical things. That chair you are probably sitting in while you read this has a low vibration. That is why it is physical, solid. As energy vibrations get higher, we move from the physical, down the road and encounter sound. As we keep moving up the line, we pass radio and TV waves, light, microwaves, x-rays, gamma energy, delta energy, and finally cosmic energy.

We each have seven major energy centers called chakras. Each one controls something, and each one has a color (for those that know, this is normal). But each chakra aligns with a note on the standard musical scale. Starting at the root, we have C, D, E, F, G, A, and B. If we stretch a bit, and look at the A-note (the third eye chakra), it vibrates at a frequency of 440 (and I honestly don't know if we are talking vibrations per second or megahertz or what). If we double that vibration, it is still an A-note, but it is now an octave higher. If we were to keep raising the vibration of the A-note by 440, it would eventually move from the range of sound into the range of light. When it did, the color of the light would be indigo, the color of the third eye chakra. Interesting huh?

Now from there it moves up the scale to cosmic energy. This is where thought vibrations occur. Thought, and various emotions behind thought (like love, care, etc) are at this very high level. This is how intention works, or intention set from desire. And this is where we end up back to The Secret.

The formula from The Secret is that you set positive intention, and keep faith in that intention, and it will come true and your desires will manifest. Now, this is a difficult thing to do especially in a world where there are major problems happening.

What is truly happening on the energy level is that we set the intention, we make the positive, and we have faith in it, but that intention is set at a very high vibrational level. For it to manifest into our level, into something solid, it has to slow down a whole lot. It needs to take the time to reduce the vibrational level to the level of solids, and that is when the intention turns into reality.

The problem is that you have to keep sending the intention. You can't do it just once and think it is done. You need to keep putting thought (or energy) to it. And if you start giving into fear and thinking that something will not happen, all the energy put into the original intention will be lost. This is why so many people put down The Secret as one has to keep up the intention, or belief that something will happen. In better terms, one has to continue to have faith.

Caring Palms started this month low on funds in a slow part of the season. This is also when an insurance bill is due for the studio. I had the intention of seeing that money be earned, and the bill being paid out of the company funds instead of my personal checkbook. And as I have kept that intention, and kept feeding energy to it, it has become true. The business came in, sessions were completed, people were helped, and the bills are covered.

So, it is possible. Another way to look at things is by Karma. I always feel that I should not go after someone being mean as Karma will take its toll. The problems is that Karma also starts at this high

vibrational level and takes a long time to take effect. Instant Karma only happens on record albums.

So the key is to set positive intentions and don't let fear take over. Keep your intentions going out there, and it will come back. Keep faith. As for me, I'm going to start visualizing 'whirled peas'.

Can We Answer Your Questions?

You have Questions? Maybe we have answers.

Each month, we write articles on a variety of subjects. Is there something that you would like to see us write about? Do you have questions that you 'd like answered? Do you have questions on massage? On Reiki? On energy work in general? Submit your questions or requests to Brian@CaringPalms.com and we will try to see if we can answer them for you.

May light continue to illuminate your path. Take care.

Sincerely,

Brian
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